

Strongsville

**Parks
Recreation**
**Senior
Services**

18100 Royalton Road
Strongsville, Ohio 44136
440-580-3260
www.strongsville.org

June-August 2021

PROGRAM REGISTRATION DATES

Wednesday, May 12: Ehrnfelt Rec Center Members
Wednesday, May 19: Strongsville Residents & Members
Friday, May 21: Open/On-line registration

GENERAL INFORMATION

Ehrnfelt Recreation & Senior Center
 18100 Royalton Road, Strongsville, Ohio 44136
 440-580-3260 Recreation Center / 440-580-3275 Senior Center
www.strongsville.org

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RECREATION & SENIOR CENTER STAFF

Bryan Bogle - Director of Parks, Recreation & Senior Services
bryan.bogle@strongsville.org

Recreation

Chris Arold - Parks & Outdoor Facilities Superintendent
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Sarah Arold, CPRP - Facility Manager
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Jen Frontino - Rental Coordinator & Director's Secretary
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Mark Hartze - Maintenance Foreman
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Jason Keppler - Recreation Supervisor
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Denise Lengal - Fitness Supervisor
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Rebecca Oblak - Assistant Aquatic Supervisor
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Patti Welker - Aquatic Supervisor
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Senior Center

Melissa Baldwin - Food Services Manager
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Deborah Branich - Senior Program Coordinator
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Sheena Wright - Senior Services Coordinator
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GENERAL INFORMATION

RECREATION CENTER HOURS

Mondays-Fridays	6:00am-8:00pm
Saturdays	8:00am-4:00pm
Sundays	Closed

Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.

RECREATION CENTER SPECIAL HOURS & CLOSINGS*

Monday, May 31	Memorial Day	Rec & Sr Center Closed
August 23-September 5	Maintenance	Basketball Courts Closed
August 23-September 5	Maintenance	Aquatic Center Closed
Mon-Wed, August 30-Sept 1	Annual Maintenance	Rec & Sr Center Closed
Monday, September 6	Labor Day	Rec & Sr Center Closed

*See Aquatics section for special Aquatic Center hours and closing and Senior Activities section for Senior Center hours and closings.

Weather Closings and Class Cancellations

When applicable, please check the following locations for any closings or cancellations due to weather...

www.strongsville.org/content/recreation.asp

News Channel 3 (www.wkyc.com)

News Channel 5 (www.newsnet5.com)

REGISTRATION

- Pre-registration is required for programs.
- Enrollment will be limited due to social distance requirements.
- NO REFUNDS/MAKE UPS FOR MISSED CLASSES. No drop-ins at this time.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs.

COVID-19 GUIDELINES

- Patrons must pass through front desk temperature check point. Anyone with a temperature 100 or above will be denied access.
- Masks are required when not exercising unless otherwise indicated.
- Patrons are responsible for cleaning exercise equipment before and after use.
- All applicable guidelines issued by the State of Ohio indicated by the Responsible Restart Protocols and Requirements are in effect.
- Walking only permitted on indoor track.
- Lap swimming and water walking only permitted in pools. Hot tub is open.

NON-MEMBER DAILY GUEST FEES

Youth (Ages 0-3)	Free
Youth (Ages 4-6)	\$3.00
Youth (Ages 7-14)	\$6.00
Adults (15-59)	\$10.00
Seniors (60+)	\$6.00
Active Military*	Free

(*Free admission to active military personnel on leave)

MEMBERSHIP INFORMATION

OPTION 1: Pay for entire year at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265.00	\$425.00
Couple	\$365.00	\$580.00
Youth Individual (Ages 4-18)	\$165.00	\$290.00
Full-time College Student	\$165.00	\$290.00
Family	\$435.00	\$725.00
Individual Senior (Age 60+)	\$135.00	\$265.00
Senior Couple	\$240.00	\$465.00
Military	\$140.00	\$245.00

OPTION 2: Sign annual contract and pay monthly by credit card

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$22.09/month	\$35.42/month
Couple	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-time College Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military	\$11.67/month	\$20.42/month

Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehrnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

Full-Time Worker in Strongsville: Includes an employee of a City of Strongsville business or entity working at least 37.5 hours per week. Proof of such status provided through a letter from his/her employer and a current pay stub.

Couple means two adults 19 years of age or older living in the same residence, related or unrelated, which may include spouses, siblings, roommates OR a parent and his/her child between the ages of 4 and 24.

Full-Time College Student means a student currently enrolled in 12 or more credit hours. Proof must be shown at time of purchase or renewal in the form of a current class schedule or tuition bill.

Family means at least one adult and two or more dependent children up to the age of 24 years or two adults and one or more dependent children up to the age of 24 years (if a full-time college student), including stepchildren and adopted children, who have legal residence in the household of the adult(s).

Senior Couple means two individuals who are living in the same residence, one of whom is at least 60 years of age and the other who is at least 50 years of age.

Military means an individual who is an active and/or newly registered member of any United States military service, or who is an active member of any reserve unit and provides proof of imminent call up to active military status.

Resident means an individual who is legally living within a permanent residence in the City of Strongsville.

Any adults wishing to qualify for a Couple, Senior Couple, or Family membership who do not share the same last name, each MUST provide independent proof of residency upon application. Memberships are non-refundable and non-transferable.

Summer Pass

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$148	\$247
Couple	\$213	\$347
Youth Individual (Ages 4-18)	\$87	\$162
Full-time College Student	\$87	\$162
Family	\$246	\$419
Individual Senior (Age 60+)	\$81	\$149
Senior Couple	\$149	\$279
Military	\$81	\$149

120 Days

Choose your own start date anytime between May 1-June 30, 2021 and

Receive all the benefits of a year long membership!

- *Reduced registration fees*
- *Priority registration on most programs*
- *Free guest coupons to bring in friends*
- *Discount coupons worth *
- **Membership can be applied towards a yearly membership before expiration with payment in full*

FACILITY RENTAL

Call 440-580-3275 to book your next event!

ROOM RENTALS

ROOM	MEMBER	NON-MEMBER
Whole Event Center	\$125	\$150
Half Event Center	\$75	\$100
Event Center (12 hr. block) - Whole	\$1,100	\$1,400
Event Center (12 hr. block) - Half	\$600	\$900
Conference Room	\$45	\$65
Meeting Room	\$45	\$65

OLD TOWN HALL



- A deposit is due with a signed contract
- Please plan on booking your party at least two weeks in advance

Old Town Hall (each floor)	\$55	\$75
Old Town Hall (both floors)	\$85	\$105
Old Town Hall Kitchen (Flat Rate)	\$50	\$70

Game Time: PRIVATE GYM PACKAGES

SATURDAYS			Member	Non-Member
1 Hour	Gym	4-5pm	\$150	\$200
2 Hours	Gym	4-6pm	\$300	\$400

**UP TO 50 GUESTS
WHOLE MAIN GYM**



Add a Room

SATURDAYS			Member	Non-Member
2 Hour	Room 3-4pm	Gym 4-5pm	\$225	\$300
3 Hours	Room 3-4pm	Gym 4-6pm	\$375	\$500

GET YOUR GAME ON!

**Schedule Your
PRIVATE
Court Time
Now!
Weekday
Evenings Only**

	BASKETBALL	VOLLEYBALL
HOURLY RATES per Court		
	Main Gym: 2 Courts Aux Gym: 1 Court	Aux Gym 2 Courts
Member	\$40/hr per court	\$35/hr per court
Non-Member	\$45/hr per court	\$40/hr per court
CAPACITY		
	30 per court	20 per court





PRIVATE POOL PACKAGES

Book your Event Now!
440-580-3270

			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
Friday	1 hour	7:45-8:45pm	M: \$200	M: \$225	M: \$225	M: \$250
			N/M: \$250	N/M: \$275	N/M: \$275	N/M: \$300
Friday	2 hours	7:45-9:45pm	M: \$400	M: \$450	M: \$450	M: \$500
			N/M: \$500	N/M: \$550	N/M: \$550	N/M: \$600
Saturday	1 hour	3:45-4:45pm	M: \$200	M: \$225	M: \$225	M: \$250
			N/M: \$250	N/M: \$275	N/M: \$275	N/M: \$300
Saturday	2 hours	3:45-5:45pm	M: \$400	M: \$450	M: \$450	M: \$500
			N/M: \$500	N/M: \$550	N/M: \$550	N/M: \$600
Sunday	2 hours	1:00-3:00pm	M: \$500	M: \$550	M: \$550	M: \$600
Sunday	2 hours	2:00-4:00pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
CAPACITY:			30	30	30	30
ADDITIONAL GUEST COSTS: (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	



Add a Room

			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
Friday	Room	6:30-7:30pm	M: \$275	M: \$300	M: \$300	M: \$325
	2 Hours Pool	7:45-8:45pm	N/M: \$350	N/M: \$375	N/M: \$375	N/M: \$400
Friday	Room	6:30-7:30pm	M: \$475	M: \$525	M: \$525	M: \$575
	3 Hours Pool	7:45-9:45pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
Saturday	Room	2:30-3:30pm	M: \$275	M: \$300	M: \$300	M: \$325
	2 Hours Pool	3:45-4:45pm	N/M: \$350	N/M: \$375	N/M: \$375	N/M: \$400
Saturday	Room	2:30-3:30pm	M: \$475	M: \$525	M: \$525	M: \$575
	3 Hours Pool	3:45-5:45pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
Sunday	Room	12:45-1:45pm	M: \$575	M: \$625	M: \$625	M: \$675
	3 Hours Pool	2:00-4:00pm	N/M: \$700	N/M: \$750	N/M: \$750	N/M: \$800
CAPACITY:			30	30	30	30
ADDITIONAL GUEST COSTS: (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

* Excludes Hot Tub, Sauna & Steam Room

Play Away

**PRIVATE
PACKAGES
On Saturdays**

SWIM & GYM



**Book Your
Private Event Now!**



440-580-3270

		Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
		Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
SATURDAY					
2 HOURS	Pool 3:45-4:45pm	M: \$350	M: \$375	M: \$375	M: \$400
	Gym 5:00-6:00pm	N/M: \$400	N/M: \$425	N/M: \$425	N/M: \$450
CAPACITY:		30	30	30	30
ADDITIONAL GUEST COSTS: (added to package cost)		Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

Add a Room

		Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
		Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
SATURDAY					
3 HOURS	Room 2:30-3:30pm				
	Pool 3:45-4:45pm	M: \$425	M: \$450	M: \$450	M: \$475
	Gym 5:00-6:00pm	N/M: \$500	N/M: \$525	N/M: \$525	N/M: \$550
CAPACITY:		30	30	30	30
ADDITIONAL GUEST COSTS: (added to package cost)		Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

***Excludes Hot Tub, Sauna & Steam Room**

Facility Rental

AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Oblak

AQUATIC CENTER SPECIAL HOURS

Mon, May 31	CLOSED	Memorial Day	Tues, June 29	Close at 4pm	SSL Swim Meet
Tues, June 8	Close at 4pm	SSL Swim Meet	August 23-September 5	CLOSED	Annual Maintenance
Tues, June 15	Close at 4pm	SSL Swim Meet	Mon, September 6	CLOSED	Labor Day
Tues, June 22	Close at 4pm	SSL Swim Meet			

AQUATIC CENTER REGULATIONS/RULES

Visit the Parks & Recreation page www.strongsville.org for a complete list of Recreation & Aquatic Center Rules

REGISTRATION SCHEDULE

Wednesday, May 12: Ehrnfelt Rec Center Members

Wednesday, May 19: Strongsville Residents & Members (*must show proof of residency such as utility bill*)

Friday, May 21: Open/On-line registration

REGISTRATION AND POLICIES

- Individuals may enroll in any open class listed in the brochure. Registration for all sessions (except first session of a season) will open on the last day of current session.
- Refunds can be requested up to 7 days prior to the start of class without question. After that no refunds will be given. Participants take the risk of schedule changes or changes in health.
- If the class is full, you may ask the front desk staff to add your name to the waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

AQUATIC WAIT LIST

The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

- Having a name on the wait list does not guarantee that you will receive a phone call or a spot in a class.
- It is your responsibility to call the front desk at the end of a session to see if any spots have opened up. Many times children are transferred to other classes or decide not to take a class which results in spots becoming available. The aquatic supervisors will not check the wait list until a few days before the start of a new session with the intent of trying to fill spots that are still open.
- Please be aware that when phone calls are made to those on the wait list, registration is on a first come basis no matter what number you are on the wait list. This is only a courtesy call letting you know that at that particular time, there are openings in the class if you still wish to sign up. It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.
- It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.

ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. The following are prohibited:

- Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
- Clothing worn for workout or other purposes prior to using the Aquatic Center.

Questions concerning proper swimwear should be addressed with the Aquatic Center personnel.

LEARN TO SWIM RULES

Swim Participants and their parents must adhere to the rules of the Aquatic Center and the following rules specific to Learn to Swim.

- During this time of Covid, to maintain social distance, only one adult per child enrolled is allowed on deck.
- Pirate ship area is closed during swim lessons.
- In order to provide an environment free of potential distractions, with the exception of preschool classes, adults are required to stay behind the orange cones and not sit directly in front of the classes in progress.
- Temperatures are taken upon entering the building. Anyone with temperature of 100F or above will be refused entry.
- Anyone exhibiting cold or flu symptoms are asked to stay home.
- Masks must be worn to and from class but may be removed during instruction.
- Showers and lockers are open.
- Come ready to swim.
- Participants may choose to be barefoot or wear sandals (flip flops) on the deck.
- No street sandals, shoes, or boots are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

AQUATIC CENTER AGE GUIDELINES

- Children under the age of 4, or those wearing a coast guard approved life jacket, must be within arms reach of an adult, 18 years or older, in a swimsuit at all times.
- Children 4 years of age and older may not use the locker room of the opposite sex. Please use the Family Changing Room.
- Children 4-6 years of age must be in visual contact of an adult, 18 years or older, at all times.
- Children under the age of 12 must have an adult, 18 years or older, in the Aquatic Center at all times unless participating in an aquatic program.

YOUTH LEARN-TO-SWIM LEVELS

For more information on Learn to Swim, or if your child has any special needs, please contact
Aquatic Supervisor, Patti Welker, at 440-580-3260 x 5269.

Level	Requirements	Skills Taught
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
PRESCHOOL ADVANCED (All children will be water tested during the first class. If child is unable to perform required skills, they will be transferred to the appropriate class with parent in water.)	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be comfortable with face in the water, float unsupported on front and back, and swim a distance of 5 feet unsupported.	Child must be comfortable in chest deep water, and able to swim unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL 3 Refined Water Skills	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
LEVEL 4A Stroke Development	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.
LEVEL 5 (ages 8 & older) Fit Swim Or Personal Water Safety	Passed Level 5, or be able to swim front and back crawl 50 yards. Swim elementary backstroke, breaststroke, sidestroke and butterfly at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater 15 yards. <i>*Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.</i>	The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session. The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.
LEVEL 7 Endurance Training	Swimmer must be able to perform the competitive strokes appropriate for his/her age group according to USA Swimming and be able to swim 100 yards continuously.	This program is designed to build your endurance, especially for those who do not swim on a year round competitive swim team. Starts and turns for each competitive stroke will also be taught.

LEARN TO SWIM LESSONS

PARENT/TODDLER: 15-36 mos. (parent/adult in water)

Ages: 15 - 36 months Class Limit: 5 child/adult pairs

Daytime Classes (8 classes)

Monday-Thursday	6/7-6/17	11:40am-12:10pm
Monday-Thursday	6/21-7/1	11:40am-12:10pm
Monday-Thursday	7/12-7/22	11:40am-12:10pm
Monday-Thursday	7/26-8/5	11:40am-12:10pm

Evening Classes (8 classes)

Mondays & Wednesdays	6/7-6/30	5:30-6:00pm
Mondays & Wednesdays	7/12-8/4	5:30-6:00pm

Weekend Classes (7 classes)

Saturday	6/5-7/24*	10:40-11:10am
Saturday	6/5-7/24*	11:20-11:50am

*No class 7/3

Fees:		7 Classes	8 Classes
Member		\$34	\$39
Non-Member/Resident		\$42	\$48
Non-Member/Non-Resident		\$52	\$60

PARENT/YOUTH: 3-5 years (parent/adult in water)

Ages: 3-5 years Class Limit: 5 child/adult pairs

Daytime Classes (8 classes)

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am

Evening Classes (8 classes)

Mondays & Wednesdays	6/7-6/30	6:05-6:45pm
Mondays & Wednesdays	6/7-6/30	6:50-7:30pm
Mondays & Wednesdays	7/12-8/4	6:05-6:45pm
Mondays & Wednesdays	7/12-8/4	6:50-7:30pm

Weekend Classes (7 classes)

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am

*No class 7/3

Fees:		7 Classes	8 Classes
Member		\$46	\$52
Non-Member/Resident		\$56	\$64
Non-Member/Non-Resident		\$67	\$76

LEVEL 1: Intro to Water Skills

(no previous swim experience needed)

Ages: 5 & Older Class Limit: 5 children

Daytime Classes (8 classes)

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

Evening Classes (8 classes)

Mondays & Wednesdays	6/7-6/30	5:20-6:00pm
Mondays & Wednesdays	6/7-6/30	6:05-6:45pm
Mondays & Wednesdays	6/7-6/30	6:50-7:30pm
Mondays & Wednesdays	7/12-8/4	5:20-6:00pm
Mondays & Wednesdays	7/12-8/4	6:05-6:45pm
Mondays & Wednesdays	7/12-8/4	6:50-7:30pm

Weekend Classes (7 classes)

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am
Saturday	6/5-7/24*	11:30am-12:10pm

*No class 7/3

Fees:		7 Classes	8 Classes
Member		\$46	\$52
Non-Member/Resident		\$56	\$64
Non-Member/Non-Resident		\$67	\$76

LEVEL 2: Fundamental Water Skills

Ages: 5 & Older Class Limit: 5 children

Daytime Classes (8 classes)

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

Evening Classes (8 classes)

Mondays & Wednesdays	6/7-6/30	5:20-6:00pm
Mondays & Wednesdays	6/7-6/30	6:05-6:45pm
Mondays & Wednesdays	6/7-6/30	6:50-7:30pm
Mondays & Wednesdays	7/12-8/4	5:20-6:00pm
Mondays & Wednesdays	7/12-8/4	6:05-6:45pm
Mondays & Wednesdays	7/12-8/4	6:50-7:30pm

Weekend Classes (7 classes)

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am
Saturday	6/5-7/24*	11:30am-12:10pm

*No class 7/3

Fees:		7 Classes	8 Classes
Member		\$46	\$52
Non-Member/Resident		\$56	\$64
Non-Member/Non-Resident		\$67	\$76

LEARN TO SWIM LESSONS

LEVEL 3: Refined Water Skills

Ages: 5 & Older	Class Limit: 5 children	
Daytime Classes (8 classes)		
Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

Evening Classes (8 classes)		
Mondays & Wednesdays	6/7-6/30	5:20-6:00pm
Mondays & Wednesdays	6/7-6/30	6:05-6:45pm
Mondays & Wednesdays	6/7-6/30	6:50-7:30pm
Mondays & Wednesdays	7/12-8/4	5:20-6:00pm
Mondays & Wednesdays	7/12-8/4	6:05-6:45pm
Mondays & Wednesdays	7/12-8/4	6:50-7:30pm

Weekend Classes (7 classes)		
Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am
Saturday	6/5-7/24*	11:30am-12:10pm

*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

LEVEL 4A: Stroke Development

Ages: 5 & Older	Class Limit: 5 children	
Daytime Classes (8 classes)		
Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am

Evening Classes (8 classes)		
Mondays & Wednesdays	6/7-6/30	5:20-6:00pm
Mondays & Wednesdays	7/12-8/4	6:50-7:30pm

Weekend Classes (7 classes)		
Saturday	6/5-7/24*	9:00-9:40am

*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

LEVEL 4B: Stroke Improvement

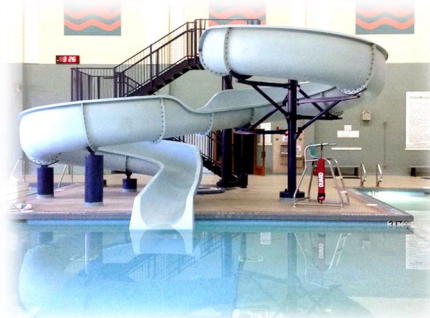
Ages: 5 & Older	Class Limit: 5 children	
Daytime Classes (8 classes)		
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am

Evening Classes (8 classes)		
Mondays & Wednesdays	6/7-6/30	6:05-6:45pm
Mondays & Wednesdays	7/12-8/4	5:20-6:00pm

Weekend Classes (7 classes)		
Saturday	6/5-7/24*	9:50-10:30am

*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76



LEVEL 5: Stroke Refinement

Ages: 5 & Older	Class Limit: 5 children	
Daytime Classes (8 classes)		
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

Evening Classes (8 classes)		
Mondays & Wednesdays	6/7-6/30	6:50-7:30pm
Mondays & Wednesdays	7/12-8/4	6:05-6:45pm

Weekend Classes (7 classes)		
Saturday	6/5-7/24*	10:40-11:20am

*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

LEVEL 6: Personal Water Safety or Fit Swim

Ages: 8 & Older	Class Limit: 5 children	
Daytime Classes (8 classes)		
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:50-11:30am

Fees:	8 Classes
Member	\$52
Non-Member/Resident	\$64
Non-Member/Non-Resident	\$76

PRIVATE SWIM LESSONS

Private swim lessons are available to anyone. Please contact the Aquatic Supervisor, Patti Welker x5269 to sign up for lessons. Lessons are scheduled based on the availability of instructors. Private lessons are not taught during our regularly scheduled Learn-to-Swim classes. Additional information, including fee schedule, is available at the front desk. Private lesson packages are good for 6 months from the date of purchase.

WATER EXERCISE CLASSES

SWAP (SHALLOW WATER AEROBICS PROGRAM)

SWAP out your traditional aerobics class for this total body water workout. A little bit of everything...you'll build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua barbells provided.

Ages: 15 & older	Class Limit: 12		
Mondays & Wednesdays 6/7-6/30	9:00-9:50am	8 Classes	
Mondays & Wednesdays 7/5-7/28	9:00-9:50am	8 Classes	
Mondays & Wednesdays 8/2-8/18	9:00-9:50am	6 Classes	

Fees:	6 Classes	8 Classes	
Member	\$24	\$32	
Non-Member/Resident	\$30	\$40	
Non-Member/Non-Resident	\$36	\$48	

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

Individuals will use gentle movements to help increase range of motion while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or with joint or muscle related illness.

Ages: 15 & Older	Class Limit: 12		
Tuesdays & Thursdays 6/8-6/29	9:00-9:50am	7 Classes	
Tuesdays & Thursdays 7/1-7/29	9:00-9:50am	9 Classes	
Tuesdays & Thursdays 8/3-8/19	9:00-9:50am	6 Classes	

Fees:	6 Classes	7 Classes	9 Classes
Member	\$24	\$28	\$36
Non-Member/Resident	\$30	\$35	\$45
Non-Member/Non-Resident	\$36	\$42	\$54



TOTAL IMMERSION-DEEP WATER WORKOUT

If you are looking for both a cardio and strengthening class that is totally non-impact, then this is the class for you! No swimming experience is required- a floatation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp and general water exercise set to fun, motivating music. Aqua barbells, noodles, and floatation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast paced, invigorating "wet fat-burning" lab!

Ages: 15 & older	Class Limit: 20		
Mondays & Wednesdays 6/7-6/30	6:30-7:20pm	8 Classes	
Mondays & Wednesdays 7/5-7/28	6:30-7:20pm	8 Classes	
Mondays & Wednesdays 8/2-8/18	6:30-7:20pm	6 Classes	

Fees:	6 Classes	8 Classes	
Member	\$24	\$32	
Non-Member/Resident	\$30	\$40	
Non-Member/Non-Resident	\$36	\$48	

Family Open Swim

AVAILABLE BY ADVANCED RESERVATION ONLY

Reserve a spot for family/open swim starting at midnight 2 days prior to the desired session. Look at the on-line description for available amenities of that session. All sessions include use of pirate ship and open swim area of the activity pool. Some sessions will include use of the diving board or big slide.

All attendees (swimming or not) must pre-register for these sessions at <https://Strongsville.activityreg.com>.

All non-members, swimming or not, must pay daily guest fees prior to attending.

Check <https://Strongsville.activityreg.com> for available dates and times.



SPECIALTY AQUATICS PROGRAMS

2021 STRONGSVILLE RECREATION SWIM TEAM

For more information, contact the Assistant Aquatic Supervisor, Becky Oblak (440)580-3260 X5270.



SCUBA CAMP FOR AGES 10+

Looking for a unique, interesting, and fun summer camp experience? Then look no further than Just Add Water's Scuba Camp. Scuba Camp will introduce campers to the underwater world and teach them to scuba dive. Have a blast learning to scuba dive and leave this experience with new friends, wonderful life-long memories, and a skill you can use for the rest of your life! Campers will complete the classroom and pool training required to earn their Scuba Certification! You will learn about dive safety, scuba equipment, and being a good dive buddy. In addition, you'll learn about the underwater world, aquatic life, and protecting the environment. Have tons of fun, be active, make friends, and learn to scuba dive with Just Add Water! Families, including adults, are welcome!

Ages: 10 & Older (including adults)

Monday-Friday 7/19-7/23 9:00am-3:00pm

Fee: \$535 Call JUST ADD WATER 440-734-3000 to register.

FITNESS

Fitness Supervisor, Denise Lengal

Bring your own mat ~ Mask required when not exercising

PERSONAL TRAINING

All Strongsville Recreation Department Personal Trainers have been employed based on their extensive qualifications, therefore, only Strongsville Recreation Department Personal Trainers can be utilized in this facility. Any other personal training is prohibited in the Strongsville Recreation Center.

PERSONAL TRAINING

Strongsville Recreation Department's degreed and/or certified personal trainers have the experience and tools to motivate and challenge you to reach all your goals and break through plateaus! Whether your goals are weight loss, feel better, sports conditioning, or just plain aesthetics, your trainer will deliver first class knowledge and creativity to make exercising fun and efficient. Our trainers have worked with all fitness levels from the novice exerciser to the elite athlete. All sessions below are one hour in duration.

	One Session
Members	\$43
Non-Member/Residents	\$48
Non-Member/Non-Residents	\$53

	Five Sessions
Members	\$200
Non-Member/Residents	\$215
Non-Member/Non-Residents	\$225

	Ten Sessions
Members	\$375
Non-Member/Residents	\$400
Non-Member/Non-Residents	\$415

HILLS AND DRILLS TRAINING

Build power and stamina on the bike, then onto high intensity resistance training off the bike.

Ages: 15 & Older	Class Limit: 10		
Tuesdays & Thursdays	6/8-6/29	8:30-9:20am	7 Classes
Tuesdays & Thursdays	7/1-7/29	8:30-9:20am	9 Classes
Tuesdays & Thursdays	8/3-8/26	8:30-9:20am	8 Classes

Fees:	7 Classes	8 Classes	9 Classes
Member	\$35	\$40	\$45
Non-Member/Resident	\$40	\$45	\$50
Non-Member/Non-Resident	\$45	\$50	\$55

BARRE TRAINING

If you like to "feel the burn" this class is for you! Emphasis on the importance of form and alignment, while performing low-weight, high-rep exercises, will leave every body part stronger and more defined.

Ages: 15 & Older	Class Limit: 10		
Tuesdays & Thursdays	6/8-6/29	9:30-10:20am	7 Classes
Tuesdays & Thursdays	7/1-7/29	9:30-10:20am	8 Classes
Tuesdays & Thursdays	8/3-8/26	9:30-10:20am	7 Classes

Fees:	7 Classes	8 Classes	9 Classes
Member	\$35	\$40	\$45
Non-Member/Resident	\$40	\$45	\$50
Non-Member/Non-Resident	\$45	\$50	\$55

GROUP PERSONAL TRAINING

42x82 STRENGTH & CONDITIONING

Do you want to be fit, restore your function, improve your health, and increase your productivity and efficiency in the gym? 42x82 Strength & Conditioning is your answer. Perform scientifically sound and safe workouts which address all components of total fitness. Whether you're new to fitness, trying to get back in the gym after some time away, or looking to challenge yourself to the next level, we can help. Our team of highly educated, skilled, and patient coaches will monitor your performance at every workout. There will be no need to question, "Am I doing this right?". Using high intensity functional movement patterns, and progressive strength training, our integrative programming will challenge you safely and effectively. You will become fit, healthier, stronger, and more durable than you ever thought possible. Would you like more information?

Contact denise.lengal@strongsville.org.

Ages: 18 & Older Class Limit: 5

Mondays/Wednesdays/Fridays	6/2-6/30	8:30-9:30am
Mondays/Wednesdays/Fridays	6/2-6/30	9:30-10:30am
Mondays/Wednesdays/Fridays	6/2-6/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	6/2-6/30	6:30-7:30pm

Mondays/Wednesdays/Fridays	7/2-7/30	8:30-9:30am
Mondays/Wednesdays/Fridays	7/2-7/30	9:30-10:30am
Mondays/Wednesdays/Fridays	7/2-7/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	7/2-7/30	6:30-7:30pm

Mondays/Wednesdays/Fridays	8/2-8/27	8:30-9:30am
Mondays/Wednesdays/Fridays	8/2-8/27	9:30-10:30am
Mondays/Wednesdays/Fridays	8/2-8/27	5:30-6:30pm
Mondays/Wednesdays/Fridays	8/2-8/27	6:30-7:30pm

Fees for Monday/Wednesday/Friday: \$70

Tuesdays/Thursdays	6/1-6/29	5:30-6:30pm
Tuesdays/Thursdays	7/1-7/29	5:30-6:30pm
Tuesdays/Thursdays	8/3-8/26	5:30-6:30pm

Fees for Tuesday/Thursday: \$50

Saturdays	6/5-6/26	8:30-9:30am
Saturdays	6/5-6/26	9:30-10:30am
Saturdays	6/5-6/26	10:30-11:30am

Saturdays	7/3-7/31*	8:30-9:30am
Saturdays	7/3-7/31*	9:30-10:30am
Saturdays	7/3-7/31*	10:30-11:30am

Saturdays	8/7-8/28	8:30-9:30am
Saturdays	8/7-8/28	9:30-10:30am
Saturdays	8/7-8/28	10:30-11:30am

Fee for Saturdays: 4 Classes \$24 *5 Classes \$30

Personal Training Special
10 - One hour sessions
\$275

Must be purchased
July 1-31st



GROUP EXERCISE

YOGA FLOW

Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

Ages: 15 & Older		Class Limit: 10	
Friday	6/4-6/25	9:30-10:20am	4 Classes
Friday	7/9-7/30	9:30-10:20am	4 Classes
Friday	8/6-8/27	9:30-10:20am	4 Classes
Saturday	6/5-6/26	9:30-10:20am	4 Classes
Saturday	7/10-7/31	9:30-10:20am	4 Classes
Saturday	8/7-8/28	9:30-10:20am	4 Classes

		4 Classes	
Fees:	Member	\$20	
	Non-Member/Resident	\$25	
	Non-Member/Non-Resident	\$30	

ZUMBA

Ditch the workout and join the party with this Latin-inspired dance fitness program that blends red-hot international music, created by Grammy Award winning producers, and contagious steps to form a "fitness-party" that is downright addictive!

Ages: 15 & Older		Class Limit: 10	
Wednesday	6/2-6/30	5:30-6:30pm	5 Classes
Wednesday	7/7-7/28	5:30-6:30pm	4 Classes
Wednesday	8/4-8/25	5:30-6:30pm	4 Classes
Saturday	6/5-6/26	8:15-9:15am	4 Classes
Saturday	7/10-7/31	8:15-9:15am	4 Classes
Saturday	8/7-8/28	8:15-9:15am	4 Classes

		4 Classes	5 Classes
Fees:	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

GROUP CYCLE

Whether you want to bring your athletic performance to the next level for a competition, or if you're simply looking to burn calories and stay in shape, we've got you covered! Come and see how much fun cycling can be!

Ages: 15 & Older		Class Limit: 10		4 Classes
Monday	6/7-6/28	9:30-10:15am	4 Classes	
Monday	7/5-7/26	9:30-10:15am	4 Classes	
Monday	8/2-8/23	9:30-10:15am	4 Classes	
Thursday	6/3-6/24	6:00-6:45pm	4 Classes	
Thursday	7/1-7/29	6:00-6:45pm	5 Classes	
Thursday	8/5-8/26	6:00-6:45pm	4 Classes	

		4 Classes	5 Classes
Fees:	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

KICKBOXING

Intensity! Energy! Sweat! Fun!

Ages: 15 & Older		Class Limit: 10		4 Classes
Monday	6/7-6/28	9:30-10:25am		
Monday	7/5-7/26	9:30-10:25am		
Monday	8/2-8/23	9:30-10:25am		

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

POWERHOUR

Efficient, effective total body workout. Get strong, lean, and improve your health.

Ages: 15 & Older		Class limit: 20	
Wednesday	6/2-6/30	8:30am-9:25am	5 Classes
Wednesday	7/7-7/28	8:30am-9:25am	4 Classes
Wednesday	8/4-8/25	8:30am-9:25am	4 Classes

		4 Classes	5 Classes
Fees:	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

Empower VINYASA YOGA

All levels vinyasa flow yoga class designed to help you find vitality in your life and personal empowerment. The class focuses on optimal alignment of your body to improve strength, flexibility, and energy. Each class is themed to help you explore the many benefits of yoga for body and mind.

Ages: 15 & Older		Class Limit: 10	
Tuesday	6/1-6/29	6:15-7:10pm	5 Classes
Tuesday	7/6-7/27	6:15-7:10pm	4 Classes
Tuesday	8/3-8/24	6:15-7:10pm	4 Classes

		4 Classes	5 Classes
Fees:	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

BARRE FIRE

Start with traditional Barre toning and Pilates core training methodology. Add light weights and high energy moves, to create a total body strength and cardio attack! You're going to like this one!

Ages: 15 & Older		Class Limit: 10		4 Classes
Friday	6/4-6/25	8:30-9:20am		
Friday	7/9-7/30	8:30-9:20am		
Friday	8/6-8/27	8:30-9:20am		

Fee:	Members	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30



PILATES

Traditional mat Pilates and functional training. A workout that will tone, define, and sculpt your entire body.

Ages: 15 & Older		Class Limit: 10		4 Classes
Monday	6/7-6/28	5:30-6:20pm		
Monday	7/5-7/26	5:30-6:20pm		
Monday	8/2-8/23	5:30-6:20pm		

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

MUSCLE MIX

This full body workout uses weights and cardio bursts to tone and sculpt your muscles, strengthen your core, and condition your heart.

Ages: 15 & Older		Class Limit: 10		4 Classes
Monday	6/7-6/28	8:30-9:20am		

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

YOUTH FITNESS

INTRODUCTION TO YOUTH STRENGTH TRAINING

Girls and boys (ages 12-14) learn proper strength training guidelines and terminology. Learn how to safely utilize strength training and cardio equipment. Upon successful completion of this course, a certification will be granted which provides access to the strength and cardio machines in the Cardio Area of the Rec Center only. (After you have completed the course, non-members must pay the normal daily guest rate to gain access to the facility and the equipment.) All certified youth must be able to show their certification card if asked when working out in the cardio area.

Ages: 12-14 years **Class Limit: 5**
 Wednesdays 6/2-6/23 3:30-4:20pm

Fee: Member \$45
 Non-Member/Resident \$53
 Non-Member/Non-Resident \$60

YOUTH SPORTS PERFORMANCE & FITNESS

Is the combination of remote learning and winter weather creating a sedentary lifestyle for your daughter or son? Join our sports performance and fitness class! Focus on all areas of physical fitness in this comprehensive group training program. Open the brain to muscle pathway. Develop tools to improve and enhance performance and general fitness.

Ages: 11-15 years **Class Limit: 10** **8 Classes**
 Tuesdays & Thursdays 6/1-6/24 3:30-4:30pm

Fees: Member \$50
 Non-Member/Resident \$55
 Non-Member/Non-Resident \$60

KARATE

Mask required during class for participants and spectators.

KIDDIE KARATE I & II - Event Center

ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS

Four week course in basic techniques.

Kiddie I includes a bully and stranger awareness program. Class is designed for all NEW students ages 5-9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 330-351-9848. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

Kiddie II- PRE-REQUISITE is Kiddie Karate I. This course includes more advanced moves and techniques. This class is for students advancing further from Kiddie Karate I. Kiddie II also includes bully and stranger awareness program.

Instructor: Joe Bove, 8th Degree Black Belt, Okinawan Isshinryu Karate

Ages: 5 & Older **Class Limit: 20** **4 Classes**

Mondays 5/24-6/21* 5:00-5:45pm
 Mondays 6/28-7/19 5:00-5:45pm
 Mondays 7/26-8/16 5:00-5:45pm

*No class 5/31

Wednesdays 5/26-6/16 5:00-5:45pm
 Wednesdays 6/30-7/21 5:00-5:45pm
 Wednesdays 7/28-8/18 5:00-5:45pm

Fees: \$50

KARATE (cont.)

Mask required during class for participants and spectators.

KIDDIE KARATE III & IV (Orange & Green Belt) – Event Center

ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS

A four week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

Instructor: Joe Bove, 8th Degree Black Belt, Okinawaan Isshinryu Karate

Class Limit: 30

Mondays 5/24-6/21* 6:00-6:45pm
 Mondays 6/28-7/19 6:00-6:45pm
 Mondays 7/26-8/16 6:00-6:45pm

*No class 5/31

Wednesdays 5/26-6/16 6:00-6:45pm
 Wednesdays 6/30-7/21 6:00-6:45pm
 Wednesdays 7/28-8/18 6:00-6:45pm

Fees: \$50

ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center

Advanced Karate is a four week course including advanced techniques of Okinawan Isshinryu Karate for higher ranking belts. **PRE-REQUISITE: ADULT BEGINNERS KARATE**

Adult Beginners Karate will take place in a designated area at the same time as Advanced Karate. It will be taught by Sensei's assistant. You will learn the basic techniques of Isshinryu before joining the Advanced class.

Both classes will include warm-up, stretching and cardio. Wear comfortable clothing and tennis shoes. Uniforms (Gi) may be purchased through the instructor. Come release stress or form structure while having fun learning the art of Isshinryu Karate.

If you have any questions or concerns please contact Sensei Joe Bove (330)-351-9848.

Instructor: Joe Bove, 8th Degree Black Belt, Okinawaan Isshinryu Karate

Class Limit: 30

Mondays 5/24-6/21* 7:00-7:45pm
 Mondays 6/28-7/19 7:00-7:45pm
 Mondays 7/26-8/16 7:00-7:45pm

*No class 5/31

Wednesdays 5/26-6/16 7:00-7:45pm
 Wednesdays 6/30-7/21 7:00-7:45pm
 Wednesdays 7/28-8/18 7:00-7:45pm

Fees: \$50

Crossroads Café

Serving Breakfast
Monday-Friday, 8-10am

ENRICHMENT PROGRAMS

YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults, children and infants. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 45 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

***Must complete all on-line course material by Course Completion date**

Fees:		
	Member	\$30
	Non-Member/Resident	\$35
	Non-Member/Non-Resident	\$40

RED CROSS BABYSITTER BASICS ONLINE

Designed primarily for youth ages 11 and older, this online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; how to recognize and handle a variety of behaviors; and the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course, which includes a final exam at the end, takes about 4 hours to complete. Students who successfully complete the course receive a printable certificate. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

***Must complete all on-line course material by Course Completion date**

Fees:		
	Member	\$40
	Non-Member/Resident	\$45
	Non-Member/Non-Resident	\$50



CAT AND DOG FIRST AID ONLINE

You love your pets, and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations. This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs. This course is desktop and tablet compatible. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

Ages: 11 & Older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

***Must complete all on-line course material by Course Completion date**

RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

Do you know how to help someone you suspect has overdosed on opioids? This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.

In this course, you will learn:

- *To recognize the signs and symptoms of an opioid overdose.
- *The appropriate care to provide based on the person's breathing and level of responsiveness.
- *How to give naloxone using several different products -- a nasal atomizer, Narcan @ Nasal Spray and EVZIO @ -- to reverse the effects of an opioid overdose.

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

***Must complete all on-line course material by Course Completion date**

Fees:		
	Member	\$25
	Non-Member/Resident	\$30
	Non-Member/Non-Resident	\$35

ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

***Must complete all on-line course material by Course Completion date**

Fees:		
	Member	\$30
	Non-Member/Resident	\$35
	Non-Member/Non-Resident	\$40

SPORTS

Recreation Supervisor, Jason Keppler

YOUTH SPORTS

YOUTH VOLLEYBALL CLINIC (Ehrnfelt Rec Center Auxiliary Gym)

If you are looking to learn how to play volleyball or improve your skills, then this clinic is for you.

Boys & Girls Grades: 3-7	Class Limit: 24	6 Week Sessions
Grades 3-4/Beginner	Thursdays	6/3-7/8 5:30-6:45pm
Grades 3-4/Beginner	Thursdays	7/15-8/19 5:30-6:45pm
Grades 5-7/Intermediate	Thursdays	6/3-7/8 6:45-8:00pm
Grades 5-7/Intermediate	Thursdays	7/15-8/19 6:45-8:00pm

Fees:	Member	\$48
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$63

JUMP START TENNIS

CLASSES (Tennis Courts Adjacent to the Recreation Center)

Strongsville Preschool Tennis is a fun, interactive program for children ages 3-5. The use of smaller racquets and foam balls will enable children to learn forehand, backhand, serving and volley.

Ages: 3-5 years	Must register at jumpstartsports.com
Thursdays	6/10-7/15 5:30-6:00pm or 6:00-6:30pm

Fees:	Residents	\$85
	Non-Residents	\$90

JUMP START BEGINNER TENNIS

(Tennis Courts Adjacent to the Recreation Center)

IN this fun, recreational tennis program, beginners will receive instruction on the fundamentals of the game by developing their skills in ball control, stroke techniques, practice habits, and court etiquette.

Ages: 6-9 years	Must register at jumpstartsports.com
Thursdays	6/10-7/15 6:30-7:30pm

Fees:	Residents	\$85
	Non-Residents	\$90

YOUTH TENNIS LESSONS (City Tennis Courts next to the Library)

Students will learn the basic skills, rules, and sportsmanship from Sean Black, current high school varsity tennis coach, former collegiate player with over ten years of tennis instruction experience. 4 weeks (8 classes weather permitting)

Ages: 6-14 years	Limit: 16 per class
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Session I: M/W/Th, 6/7-6/23

S1/L1- AM	Ages: 5-8 years	M/W/Th*	8:30-9:30 am
S1/L2- AM	Ages: 9-12 years	M/W/Th*	9:30-10:30 am
S1/L3- AM	Ages: 13-16 years	M/W/Th*	10:30-11:30 am

*Friday's will be used for rainout make-ups

Session II: 6/30, 7/5, 7/7, 7/8, 7/13, 7/14, 7/15, and 7/19

S2/L1- AM	Ages: 5-8 years	8:30-9:30 am
S2/L2- AM	Ages: 9-12 years	9:30-10:30 am
S2/L3- AM	Ages: 13-16 years	10:30-11:30 am

Session II Rain-Out Make-up Dates: 7/1, 7/21, and 7/22

Fees:	Member	\$95
	Non-Member/Resident	\$103
	Non-Member/Non-Resident	\$119

JUMP START T-BALL CLINIC (Cross and Finley Fields)

A fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Instruction is conducted by the Jump Start Sports coaching staff. Players receive a MLB hat, team tee shirt, and baseball medal.

Volunteer Coaches may also participate. **Must register at www.jumpstartsports.com**

Ages: 3-4 years

Saturdays	6/12-7/24*	9:00am or 10:00am (1-hour)
Saturdays	9/11-10/9	9:00am or 10:00am (1-hour)

*No class 7/3

Fees:	Residents	\$90
	Non-Residents	\$95

YOUTH SANDLOT BASEBALL (Wood Field)

Playground baseball like in the 50's and 60's. Parents are encouraged to join along in this fun filled, low key activity.

Ages: 9-16 years Participant Limit: 40 children (Boys & Girls)

Wednesdays	6/9 – 8/4*	10:00am-12:30pm
Tuesdays and Thursdays	6/8 – 8/5*	10:00am-12:30pm

*Make-ups will be on Fridays

Fees:	<u>Tues/Thurs</u>	<u>Wed</u>	<u>All Three Days</u>
Members	\$35	\$20	\$45
Non-Members/Residents	\$40	\$25	\$50
Non-Members/Non-Residents	\$50	\$35	\$60

Drop-In Fees:

Members	\$3 per day
Non-Members/Residents	\$4 per day
Non-Members/Non-Residents	\$6 per day

HEAD START BASKETBALL

SUMMER SKILLS CHALLENGE (Auxiliary Gym)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knock-out and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 25 years of basketball camp experience. **You must register online at <http://www.headstartbasketball.com/>**

Grades: 2-7 (grade last year) Limit: 78

Monday-Tuesday	8/2-8/3	1:30-4:30pm
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Fee: \$45

YOUTH SPORTS

HEAD START BASKETBALL CAMP (Rec Center gyms)

This camp emphasizes the fundamentals of basketball with individual attention given to each young player in a fun, positive, and enjoyable environment. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. Here are just a few things you will learn:

- Ball handling drills that you can work on at home to become more confident with the ball
- Proper shooting technique
- Passing and catching skills
- How to box out your opponent and grab a rebound
- Defensive stance and movements
- Sportsmanship
- How to be a good teammate
- Basic 3 on 3 basketball strategy

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or headstartbasketball@usa.net for more information. Must register at headstartbasketball.com

Grades 1-8	1:30-4:30 pm		
Monday-Friday	6/7-6/11	Boys and Girls	Grades K-6
Monday-Friday	6/14-6/18	Boys Only	Grades K-6
Monday-Friday	6/21-6/25	Boys and Girls	Grades 4-8
Monday-Friday	7/5-7/9	Boys and Girls	Grades K-6

Fee: \$95

YOUTH LEAGUES

YOUTH LATE SUMMER BASEBALL LEAGUES

These fun and exciting offerings are designed to teach children, age 5 through 18, how to play T-Ball, softball and baseball along with concepts of team play and good sportsmanship.

REGISTRATION: June 16-July 7 (\$10 late fee will be assessed after 7/7)

Ages: 6-18 years (age as of August 1, 2021)

League Age/Name League Type

Co-Ed 5-6 yrs	T-Ball
Boys 6-8 yrs	Coach Pitch
Boys 9-10 yrs	Kid Pitch
Boys 11-13 yrs	Kid Pitch
Boys 14-18 yrs	Kid Pitch
Girls 7-9 yrs	Coach Pitch
Girls 10-11 yrs	Fast Pitch
Girls 12-14 yrs	Fast Pitch

Practices: Start mid-late July. One weeknight and one weekend time.

Games: Tuesdays and Thursdays. (Wednesdays may be used if necessary) Start early-mid August and run through the end of September or beginning of October. Each team will play ten games.

Coaches: Parents or adults interested are encouraged to fill out an application.

Fees:	Residents	\$50
	Non-Residents	\$65

HEAD START BASKETBALL SUMMER 3-ON-3 LEAGUES (Rec Center Gyms)

The benefits of 3 on 3 basketball are more touches on the ball, more decision making opportunities, all players are involved in the action, and better spacing with less congestion on the court. This will be league play with each team playing two 18 minute games each Saturday. The kids will organize their own team and get to coach themselves, but there will be court monitors to keep score and officiate. **You must register online at <http://www.headstartbasketball.com/>**

Boys & Girls Grades: 3-12

- 3rd-4th grade division (boys & girls)
- 5th-6th grade division (boys & girls)
- 7th-8th grade division (boys & girls)
- 9th-10th grade division (boys & girls)
- 11th-12th grade division (boys & girls)

Dates: Starting mid-June (visit above website for more info)

Fees: TBD

ADULT SOFTBALL LEAGUES

Ages: 18+

REGISTRATION: 7/21-8/21 (first pay first serve basis)

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
Co-Ed Friday Softball 9/10-11/19, 6:30-10:30pm 24 Team Limit * 5 games & playoffs, weather permitting	\$275	\$80	\$32/game
Men's Sunday Double Header 9/12-11/21, 9:00am-1:00pm 12 Team Limit * 8 games & playoffs, weather permitting	\$295	\$135	\$32/game
Men's Wednesday Open Double Header 9/15-11/17, 6:30-10:30pm 16 Team Limit * 8 games & playoffs, weather permitting	\$300	\$135	\$32/game
Men's Monday Rec Double Header 9/13-11/22, 6:30-10:30pm 16 Team Limit * 8 games & playoffs, weather permitting	\$526*	\$135	\$32/game



YOUTH & ADULT SPORTS

TABLE TENNIS OPEN PLAY (Event Center)

Come on out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to www.strongqt.info for more information.

Ages: All & Seniors

Tuesdays & Thursdays TBD 5:00-7:45 pm

Registration Fee:

Adult	\$55
Senior/College	\$45
Youth	\$35
Youth with paying adult	\$25

There is no drop in fee for those that pay the registration fee.

Drop-in Fees for those that do not pay the registration fee:

Adults	\$6
Seniors/College	\$5
Youth	\$4
Youth with paying adults	\$3

ADULT VOLLEYBALL

NEO ATHLETICS ADULT VOLLEYBALL LEAGUES (Auxiliary Gym)

Ages: 18 & Older

A new session begins in the Fall. Registration begins late summer. Email jason.keppler@strongsville.org for more details.



Recreation Parks & Amenities

For more park information or to reserve a pavilion, contact Chris Arold at

440-580-3264 or chris.Arold@strongsville.org

Pavilion Rental Fees: Residents \$45 / Non-residents \$65

Rec Park #1 - 18100 Royalton Road: Located behind the Ehrnfelt Recreation Center. This park offers Rademaker, Cross & Finely Fields, batting cages, vending machines and restrooms. There is a playground located nearby and four tennis courts.

Rec Park #2 - 16109 Foltz Parkway (South of Rt 82): Located in Foltz Industrial Parkway near the City service center. This park offers Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. Only one pavilion has electricity, restrooms and running water.

Rec Park #3 - 21273 Drake Road: Located at intersection of Drake Rd and Prospect. This park offers Wood and Sprague Fields. Each field has a pavilion with picnic tables, two grills, four electrical outlets/pavilion, playgrounds, and portable restrooms nearby.

Nichols Field - 227070 Sprague Road: Located at Sprague and Marks Road. This park offers a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.

Volunteer Park- 21410 Lunn Road: Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also offers batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, bocci ball courts and playground.

Surrarrer Park - 14625 Whitney Road: Located at the corner of Webster and Whitney Roads (east of I-71). James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.

Backyard Preserve - 18100 Royalton Road: Located behind the Ehrnfelt Recreation Center. This park offers an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.

Youth Sports Park - 21255 Lunn Road: Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park offers one regulation football field, two flag football fields, three little leagues fields and one pavilion with electric. Use by permit only.

Castletown Pavilion - 18100 Royalton Road: Located between the Strongsville Library and Castletown Playground this pavilion has electrical outlets and a grill.

PARK GUIDELINES

*Permits are required to use any of the park listed above for practice purposes.

*Alcohol and tobacco use is prohibited in all recreation parks.

*Bocci courts, horseshoe pits and basketball courts cannot be reserved with pavilion. There is a 1-hour time limit if others are waiting to use these facilities.

*Reservations are also required for use of pavilions.

*Pets are required to be on a leash at all times.

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

SENIOR CENTER HOURS: Monday-Friday 9:00am-5:00pm

SILVER MUSTANG MEMBERSHIP (Required)

MEMBERSHIP FEES

Strongsville Residents: \$20/year
Strongsville Resident Couple: \$30/year
Non-Residents: \$45/year
Non-Resident Couple: \$60/year

MEMBERSHIP BENEFITS

*Silver Mustang newsletter
*Free birthday lunch the month of your special day
*Free lunch for membership purchase/renewal

SPECIAL CLOSINGS & HOURS

Mon, May 31	CLOSED	Memorial Day
August 30-September 1	CLOSED	Annual Maintenance
Mon, September 6	CLOSED	Labor Day

FITNESS, FUN FRIENDSHIP

WATERCOLOR

All levels are welcome, including beginners. Come and learn a new hobby, or brush up on your existing watercolor skills. You're sure to have fun. Students provide own materials: list available at Senior Registration Desk. Registration is required.

Ages: 50 & over Instructor: Judi Roszak

Fridays 9:30-11:30am

Fees vary per month, call Senior Center for more info

MEDITATION GROUP

Meditation has been proven to reverse memory loss and strengthen your memory, lower blood pressure, help with chronic pain, depression, anxiety, and decrease stress. Our weekly meditation group will teach you new ways to meditate. Time will be used to meditate together as a group. A special thanks to Kemper House, for facilitating this group. Registration is required.

Ages: 50 & over

Wednesdays 10:30am

Fees vary per month, call Senior Center for more info

LOW VISION SUPPORT GROUP

Have changes in vision impacted your daily life?

Seniors may experience changes in vision from varying conditions such as cataracts, glaucoma, and macular degeneration. Emotional effects can accompany even mild vision loss, ranging from fear of what a progressive condition might mean in the future, to questions about how to continue everyday activities like reading, home maintenance, cooking, and hobbies with a vision loss. This monthly support group will address all of these topics and much more in a supportive, informative environment. Registration is free, but required.

Ages: 50 & over

Fourth Tuesday of the month 1:00-2:30pm **Free**

FITNESS, FUN FRIENDSHIP cont.

BETTER BALANCE

This DVD lead class will help improve your balance, strength and overall fitness. This class will feature both chair and stationary exercises – great for safely challenging your body in different ways. Registration is required.

Ages: 50 & over

Mondays, Wednesdays, & Fridays* 10:15-11:00am

Tuesdays & Thursdays 12:15-1:00pm

*No class 8/30, 9/1, 9/6

Fees vary per month, call the Senior Center for more info

MOVIE MATINEE

Do you enjoy watching movies? If so, come to our Movie Matinee! Social distancing guidelines will be followed, as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Registration is required.

Ages: 50 & over

Call Senior Center for specific movies and dates.

Fee: \$3/Movie

MEMORY LOSS SUPPORT GROUP

Are you looking for support when dealing with memory loss? This group is open to caregivers of individuals with dementia or Alzheimer's disease, spouses, family members, or friends. Jennifer Nance from Kemper House will be facilitating this helpful monthly support group; all are welcome to join with any questions they may have or come to learn more about the disease. If you are caring for, or know someone with dementia, this support group is for you. Registration is free, but required.

Ages: 50 & over

Free

First Wednesday of the month 9:15am

QUILTING

If you can iron, pin fabric layers together, use a sewing machine, or tie a knot, your helping hands are welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at South-west General Health Center. Registration is free, but required.

Ages: 50 & over

Beverly McGlamery, Volunteer Coordinator

Mondays*

1:00-3:00pm

Free

*No class 8/30, 9/6

FITNESS, FUN FRIENDSHIP

SCATTERGORIES FUN

Scattergories is a fun game of words and categories. Players roll the letter die, flip the sand timer, and come up with answers to each category on the category list. Score points for writing down answers that no one else did. The more creative the answers, the more points scored!

Join Tammy from Westwood Place Senior Living as she leads this monthly fun interactive game. Winner will receive a special prize! Registration is free, but required.

Ages: 50 & over

Third Wednesday of the month 1:00pm **Free**

BINGO

This game of chance and concentration is sure to have you calling out "Bingo." Play one or more cards, and fill your numbered squares before the others. Meet new friends and try your luck at our weekly bingo games! Registration is free, but required.

Ages: 60 & over

Fridays 12:30-3:00pm **Fees: 25 cents per card**

S.M.I.L.E.

So Much Improvement with a Little Exercise

Low intensity exercise for range of motion, flexibility and balance. This DVD lead class, can be taken sitting or standing. You're sure to be smiling with your results. Registration is required.

Ages: 50 & over

Mondays, Wednesdays, & Fridays* 9:15-10:00am
Tuesdays & Thursdays 11:15am-12:00pm

*No class 8/30, 9/1, 9/6

Fees vary per month, call the Senior Center for more info

YOGA

Come and increase your core strength while stretching your whole body, improving stamina and releasing stress. Registration is required.

Ages: 50 & over.

Tuesdays 10:00-10:45am Instructor: Megan Ruggerio
Thursdays 10:00-10:45am Instructor: Jessica Cartell
Thursdays 1:30-2:15pm Instructor: Jessica Cartell

Fees vary per month, call the Senior Center for more info

FUNCTIONAL TRAINING

Our functional training class will help you gain strength and mobility to enhance your activities of daily living. This class is taught by a certified fitness instructor. Registration is required.

Ages: 50 & over

Instructor: Mary Lea Kirby

Mondays, Wednesdays & Fridays* 10:15-11:00am

*No class 8/30, 9/1, 9/6

Fees vary per month, call the Senior Center for more info

RHYTHM AND MOVEMENT

This class includes simple moves and steps using a variety of rhythmic music. Move at your own pace, while using a full range of motion; all set to motivating and energizing music. Registration is required.

Ages: 50 & over

Instructor: Betty Lekan

Wednesdays* 10:00-10:45am

*No class 9/1

Fees vary per month, call the Senior Center for more info

Wii BOWLING

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers and experience the fun. No experience is necessary. Bowlers can sit or stand, and each registered Wii bowler will play two games each week. Strikes, spares or gutter balls – let's roll! Registration is required.

Ages: 50 & over

Tuesdays* 12:00pm

*No class 8/31

Fees vary per month, call the Senior Center for more info

ASIAN EXERCISE – Including Tai Chi

These gentle movements can improve balance, naturally boost one's energy, mental focus, and flexibility. There is individualized instruction within the group setting; you progress at your pace and ability. The movements can be tailored to your body type and condition. Good health comes from good circulation. By gently working the range of motion of the joints, the flexibility of the ligaments and surrounding tissues, the body is able to get circulation everywhere it needs to go. Millions of practitioners in the US and China have balanced chronic conditions such as asthma, arthritis, diabetes and fibro-myalgia through practice. Registration is required.

Ages 50 & over

Instructor: Ted Smith

Mondays* 9:15-10:00am

*No class 8/30, 9/6

Fees vary per month, call the Senior Center for more info

CARDIO FIT

Looking to increase your cardio workout? Join Mary Lea for a cardio focused workout. Cardio exercise is known to help burn calories, improve your heart strength, increase lung capacity and helps with overall endurance. Mary Lea will lead you through fun and easy to follow, joint friendly moves, with just enough variety to keep you coming back. Modifications shown for all fitness levels. Registration is required.

Ages: 50 & over

Instructor: Mary Lea Kirby

Mondays, Wednesdays & Fridays*

11:15am-12:00pm

*No class 8/30, 9/1, 9/6

Fees vary per month, call the Senior Center for more info

PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one and designed to be played by all ages. It is played on a badminton court with the net lowered to 34 inches at the center. Join us Mondays and Wednesdays when we offer open Pickleball. Bring your own paddle, and join in on this popular sport. Experienced players as well as those that have never held a paddle are welcome. Registration is required.

Ages: 50 & Over

Open Play Mondays* 9:00-11:00am

Wednesdays* 9:00-11:00am

*No class 8/30, 9/1, 9/6

Fees vary per month, call the Senior Center for more info

WOODSHOP CLASSES

OPEN WOOD SHOP (Senior Center Wood Shop)

Pre-requisite is completion of "Sawdust for Beginners". Come to work on your projects, help repair items and meet new friends. Registration is required.

Ages 50 & Over **Wednesdays & Thursdays – 9:30am-11:30pm**

Fees vary per month, call the Senior Center for more info

WOOD CARVING (Senior Center Wood Shop)

Join this group of men and women and learn the artistry and craftsmanship of wood carving. Registration is free but required.

Instructor: Dave Hoelter

Ages: 50 & over

Tuesdays– 1:00 - 3:00pm

Participants pay for own tools and materials





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